



Post- Operative Instructions Frenulectomy (tongue tie)

1. Recommend soft diet for the first 3 days after surgery. Avoid spicy foods as well as anything with sharp edges like chips or crackers.

2. Absorbable sutures are used, they usually fall off or dissolve on their own within 3-5 days, in some cases anywhere from 1-10 days after surgery. As the sutures fall out, granulation healing tissue will fill the open wounds.

- If the granulation tissue overgrows the wound, we recommend brushing the surgical site with a soft brush to remove any oral debris.
- It is not necessary to completely remove the granulation tissue.
- As the granulation tissue heals, this tissue will begin to contract by around day 5- 7. This is when the myofunctional therapy exercises become the most important.

3. Recommend that you rest for the first 3 days after your procedure and focus on minimizing your pain.

- Once the pain is well-controlled, we encourage you to do light movements with your tongue by sticking it up to the front teeth with your mouth wide open, side to side inside the cheek, around the teeth, and suction hold.

4. Perform a **minimum** of 25 "tongue-pops" per day until your follow-up appointment.

5. You should have a post- operative visit scheduled, if not please call the office.

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